



## Registered Voters 40+ in Vermont: Support for a State Program for Paid Family and Medical Leave

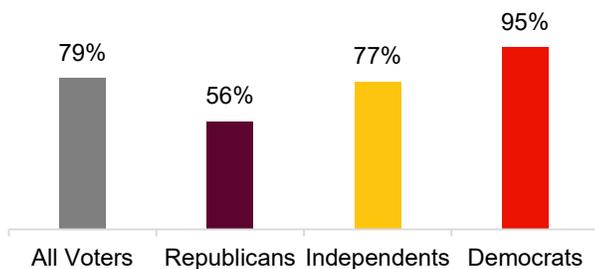
2023 AARP Survey of Vermont Registered Voters Ages 40 and Older

### ABOUT THIS SURVEY

Most people, at some point in their lives, will care for a family member who has a chronic illness or condition, an injury, or becomes frail as they age. In 2020, nearly one in five Americans (19%), roughly 47.9 million people, were providing care to someone 18 years and older.<sup>1</sup> In Vermont, an estimated 70,000 caregivers are providing 66 million hours of care to their loved ones each year.<sup>2</sup> This AARP Vermont survey of 1,002 Vermont registered voters ages 40 and older sought to learn more about Vermont caregivers and services that support them in providing care. This survey has a margin of sampling error of  $\pm 3.1$  percent.

### KEY FINDINGS

#### SUPPORT FOR PAID FAMILY AND MEDICAL LEAVE PROGRAM



Voters in Vermont overwhelmingly support a paid family and medical leave program run by the state. Such a program would allow eligible workers to take paid leave up to 12 weeks to recover from a serious health illness or injury, to care for a family member, to recover from birth and bond with a new child, or when a family member is called to active military duty.

Nearly eight in ten voters strongly or somewhat support such a paid leave program in Vermont. The majority of voters across political parties also support a paid leave program in Vermont.

When voters were told how this program would be funded – by a payroll deduction, where an employer and an employee would both contribute less than one third of one percent – they still support it.

- All Voters – 75%
- Republicans – 53%
- Independents – 72%
- Democrats – 92%

Many voters would also be more likely to vote for a candidate for the Vermont State Legislature who supported such a paid family and medical leave program (44%), with few (10%) less likely to.

<sup>1</sup> AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC:AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

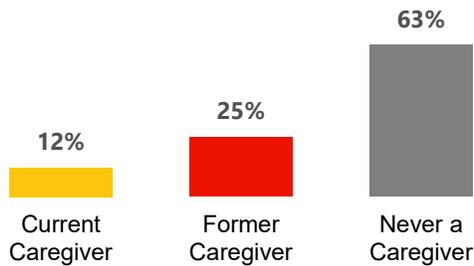
<sup>2</sup> *Valuing the Invaluable: 2019 Update – Charting a Path Forward*. Washington, DC:AARP Public Policy Institute. November 2019.

<https://doi.org/10.26419/ppi.00082.001>

Over one in three voters 40 and older in Vermont have experience as a family caregiver.

Just over one in ten say they are currently providing care to an adult loved one, and one in four say they have been a caregiver in the past.

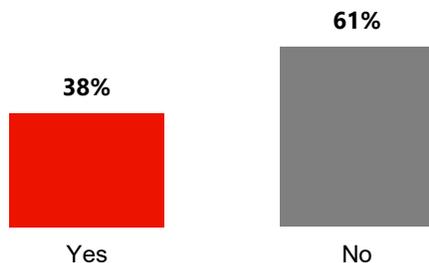
### CAREGIVER STATUS OF VOTERS 40+ IN VERMONT



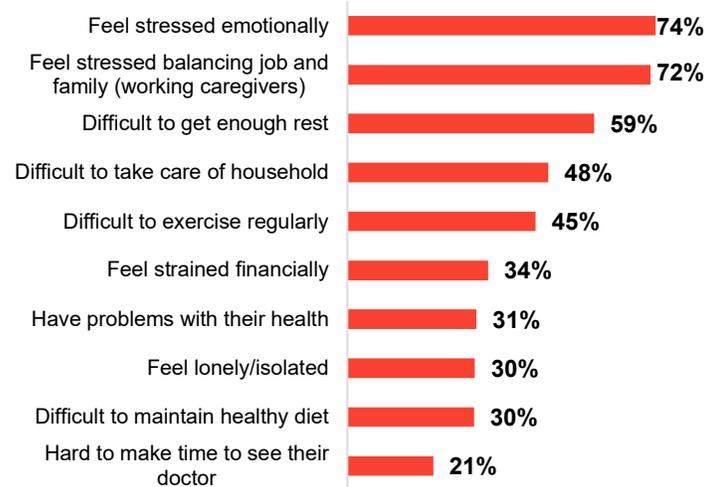
Most caregivers in Vermont cared for their loved ones while also being employed either full- or part-time. Two in three current and former caregivers (66%) say they worked while they provided care.

Nearly four in ten caregivers say they care for someone with a decline in mental functioning. These caregivers say they care for someone with Alzheimer's, dementia, or other forms of mental confusion.

### CAREGIVERS WHO CARE FOR SOMEONE WITH ALZHEIMER'S OR DEMENTIA



Most caregivers in Vermont feel stressed due to their caregiving responsibilities. Three in four caregivers say they feel stressed emotionally, and one in three say they feel strained financially due to their caregiving responsibilities. And, three in four **working caregivers** say they feel stressed in balancing their job and family responsibilities. Many caregivers also feel lonely, and find it difficult to get enough rest, take care of their household, and exercise regularly.



## IMPLICATIONS

Family caregivers in Vermont help their loved ones in many ways, feel emotional stress, and need help.

Vermont voters support a paid family and medical leave program run by the state. Now is the time to act and help ease the burdens of family caregivers in Vermont.

## CONTACTS

For more information about the methodology, contact Terri Guengerich, AARP Research, [tguengerich@aarp.org](mailto:tguengerich@aarp.org), (202) 434-6306.

For more information about family caregiving or paid medical and family leave in Vermont, please contact Charlie Gliserman, [cgliserman@aarp.org](mailto:cgliserman@aarp.org), or (802) 689-6242.